



Chex Chicken and Bellaberry Smoothie

Makes: 11 Servings

“In April 2012 I got diagnosed with type 1 diabetes. Followed along with that, I have been diagnosed with celiac, so I am working on a gluten-free diet,” says Isabella. “When my mom told me about this challenge, I thought, why not make something sweet, and gluten-free? So I came up with the nutty Chex Chicken. It is served with a side of fresh veggies and a fresh-fruit smoothie that I call the Bellaberry Smoothie.” Her signature drink includes 1 cup of berries, low-fat milk, and Boston cream pie yogurt.

Ingredients

1 cup gluten-free corn cereal (such as Chex)

1/4 cup gluten-free baked veggie chips with chili lemon

1/4 cup pecans




1 teaspoon ground lemon pepper

Nutrition Information

Nutrients	Amount
Calories	530
Total Fat	19 g
Saturated Fat	2 g
Cholesterol	70 mg
Sodium	598 mg
Total Carbohydrate	54 g
Dietary Fiber	5 g
Total Sugars	8 g
Added Sugars included	1 g
Protein	38 g
Vitamin D	1 mcg
Calcium	116 mg
Iron	7 mg
Potassium	1015 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	2 cups
	Grains	1/2 ounce
	Protein Foods	5 ounces

3 large egg whites

8 ounces boneless, skinless chicken breasts (halved)

1 medium yellow squash (cut into half moons)

1 medium zucchini (cut into half moons)

Directions

1. Preheat the oven to 350°F.
2. In a large bowl, stir together the cereal, veggie chips, pecans, and lemon pepper. Smash and combine the cereal mixture.
3. Place the egg whites in a small bowl.
4. Working with 1 piece at a time, dip the chicken into the cereal mixture then dip it into the egg whites then back into the cereal mixture, making sure all of the chicken is covered. Transfer the “breaded” chicken to a baking dish and repeat with the remaining chicken, cereal mixture, and egg whites.
5. Bake the chicken until golden brown, about 30 minutes
6. While the chicken is baking, bring a small saucepan of water to a boil. Add the squash and zucchini and simmer, lowering the heat if necessary, until tender, about 7 minutes. Serve the squash and zucchini with the chicken.

Notes

State: Nevada

Child Name: Isabell Gross, 11

Nutrition Information does not include smoothie

Source: The Epicurious 2013 Healthy Lunchtime Challenge Cookbook

